

MACS

MACS RELAY

Tell Your Friends!

- MACS Group Placement will be on September 8 at 5:30 PM at Eaglecrest HS Pool
- MACS Stroke Clinic and Sports Nutrition talk to be held on September 13th. Details to be announced
- MACS Meet will be held October 17-19th at AHS

BABY EVE

Sorry-but the Baby makes the first page instead of the President and Head Coach.

Eve Marie Niemann arrived on June 2nd- weighing in at 6 pounds, 19.75 Inches long.

She has already been on deck coaching and has been to at least three different pools in her young life. The best is yet to come Eve!



Great Picnic!

Thanks everyone who helped make the Year End Picnic such a success. With over 200 attendees it was perhaps the largest Picnic MACS has seen in many years.

Thanks to QDoba Mexican Grille for providing us with a discount for our picnic and to Sam's Club for donating cakes! Special thanks to Don Waite and Susan Bobka for making the arrangements and to all the MACS parents who helped serve at the MACS picnic.

MACS SWIMMERS HANGING WITH OLYMPIANS

Allison and Lydia went to swim camp at the University of Michigan this summer, which is also the home pool for Club Wolverine. During the camp, the girls often shared pool space with Michael Phelps, Peter Vanderkaay, Erik Vendt, and Allison Schmitt who all recently qualified for the Olympic Team. The girls thought it was pretty fun to be swimming in the diving tank and look down at the bottom of the tank to see Phelps, Vanderkaay, Vendt, and Davis Tarwater playing rock, paper, scissors. It was also inspiring for the girls to walk through the doors at athletes entrance to the pool. The doors had the Olympic rings painted on them, and above the doors it said "It's Not Every Four Years, It's Every Day."

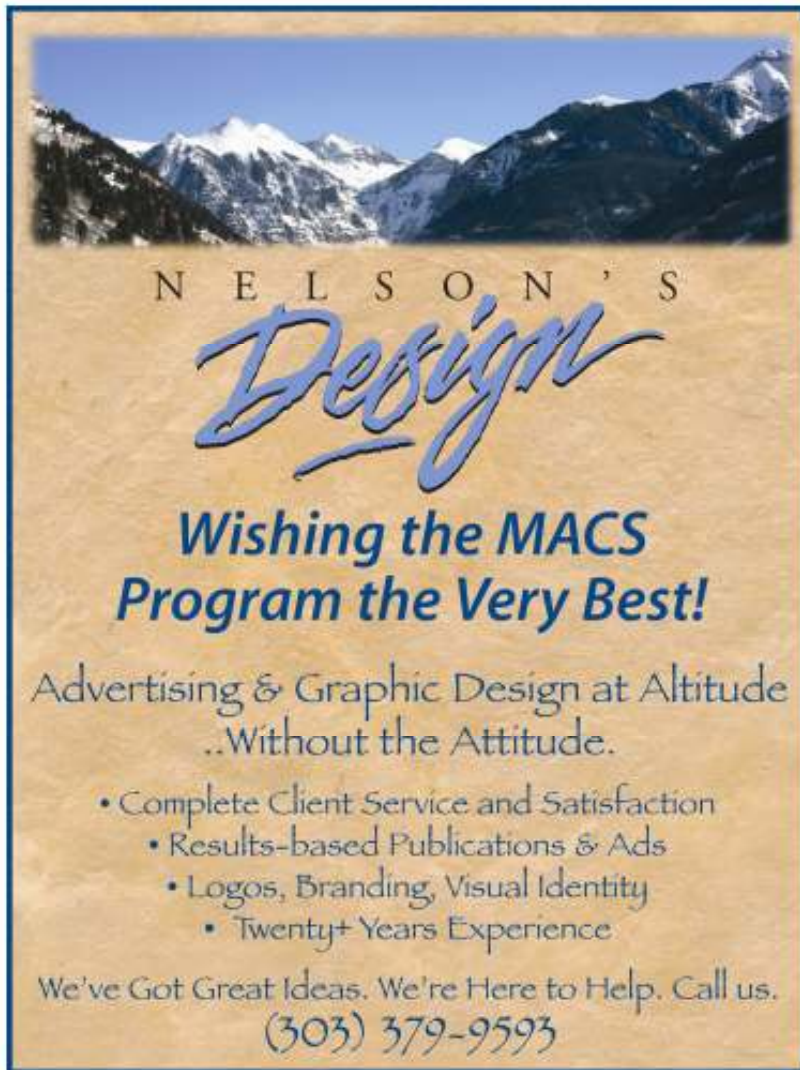


left to right is Davis Tarwater, Allison, Lydia, and Peter Vanderkaay.

"It's Not Every Four Years, It's Every Day."



Advice and support from a friend



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Bonnie standing outside of the Olympic Trial pool in Omaha



Pierpoint Clean-up

The clean-up went very well this year. It was not nearly the amount of work as it was last year. Thank goodness we don't have to paint but every five years or so. Thanks to everyone who helped. The Sectional and Group 4 swimmers scrubbed the pool tiles, a door that never got painted last year was finally painted, a pick-up truck load of trash was hauled away, the grounds were spruced up and we can once again walk through the store room/kitchen area.

Still left on our Wish list:

New Carpet upstairs. We have had an offer for free carpet for over a year but so far have had no luck in finding a cheap carpet installer. If you know anyone who is interested please have them contact us. We are happy to trade free advertising in our Newsletters and the MACS Fall Invitational Meet Program. We also can provide non-skilled labor.

New Lockers and paint in the Locker rooms: The Sectional kids have agreed to re-paint the locker rooms but we would like to see if we can come up with newer, non-rusty lockers. Again- if you have any contacts, let us know.

MACS BOARD OF DIRECTORS

Congratulations to our 2008/2009 MACS Board of Directors

President: Jim Ruimerman
 President Elect: Susan Bobka
 Vice-President: Bob McClendon
 Secretary: Marc Barocio
 Treasurer: MaryAnn Sines
 Ways and Means: Tracy Goodwin and Teresa Peterson
 Members at Large: Tim Chase and Dave Brandon
 City of Aurora Representative - Rich Abrahams,
 Head Coach - Andy Niemann
 Head Age Group Coach - Catherine Niemann.

**Ted Martin, Pam
 Stoeckle and
 Elizabeth
 Shelleda -
 thanks for your
 service to MACS
 on the board.**

MACS Official Diet!

This is right out of the maga-
 zines at the check out stand!

What do you do in between your
 swimmer's races at meets? You
 eat. Right? What else is there to
 do when chatting with the other
 parents?

You need to try the **MACS
 Official Diet.** On this diet you

will be standing or walking the
 deck with your hands clutching
 the clipboard and pen. How
 does it work? You become a
 USA Swim Official and volun-
 teer to help at the meets. (The
 navy blue shorts can be very
 slimming as well.)

Being an official frees you from
 the tempting food that we all
 bring for our kids, you don't
 have the extra time to hit the
 concession stand and right when
 you think you might be hungry
 someone from the host team
 brings you a little nosh. When
 it is time for lunch you will be
 served fresh and yummy food
 made especially for the coaches
 and officials. I hear it is the best
 food at the meet.

Please excuse the goofiness!
 Now more seriously ...

Many Thanks to the recent group
 of parents that have stepped up
 to be trained as Officials. MACS
 has a great reputation as a well
 run swim club but we need to
 give back to Colorado Swim-
 ming by providing officials to
 help with all the meets that
 MACS participates in.

We need more- Two of our
 veteran officials will be retiring
 next year after their daughters
 graduate. You will be trained
 and mentored by the best CSI
 has to offer. MACS will be
 running another officials clinic.
 If you are interested in learning
 more about officiating, please
 call Susan Bobka at
 303.693.2762.

As long as you are at the pool
 anyway, why not stand on deck
 and officiate?





**GREAT FUN IN
GRAND JUNCTION**



Mission Aurora Colorado Swimming
 3140 K. S. Peoria #226
 Aurora, CO 80014
 303.690.7100

THANKS to Nelson's Designs

(See ad on Page Three)



SWIM IT TO THE MACS!

Nelson's has very generously contributed to our new and improved recruiting flyers. These professional Flyers really get the MACS name out there

Please consider using Nelson's for your Graphics needs.

We're on the Web
www.macsswim.com

RECRUITING!!!

After watching our swimmers at State this past weekend it is apparent that MACS is a first rate swim team. We just don't have the numbers that other teams can boast of. We need to grow our program. It is a simple matter of recruiting new swimmers. There are many summer club swimmers who are ready to make the jump to year-round swimming. The key is getting them to try out MACS before deciding on another team. We need to get the word out!

For practical purposes- recruiting swimmers benefits everyone. If you bring in one swimmer, your fundraising commitment is waived for a full 12 months as long as that swimmer stays on the team and keeps up with their dues. This helps your family with its finances as well as helps the new swimmer know someone on the team who is willing to help them learn the ropes. We are confident once the new swimmers come and see our program they will want to join us.

MACS has put together a tremendous recruiting package. We have a great brochure which can be emailed or handed out. We have a great Promotional DVD to be passed on and blank Postcards with swimming pictures and the words "Just Add Water," on the front. All of these items can be used by team members to solicit new swimmers. If you are interested in any of these, please contact Teresa Brandon at 303.645.9831 or tbrandon@ultrapetroleum.com or Susan Bobka at 303.693.2762 or kisskaroo@aol.com.



**Kelly and Olivia cheer-
 ing on their MACS
 Teammates**